

treatment, an effective amount of a polymethoxyflavone to reduce the production of substances in a mammal which contribute to cardiovascular diseases and/or disorders.

2. The method of claim 1 wherein the substances are selected from the group consisting of apolipoprotein B, cholesterol, low density lipoprotein, very low density lipoprotein and mixtures thereof.
3. The method of claim 2 wherein the substance is apolipoprotein B.
4. The method of claim 1 wherein said mammal is a human.
5. The method of claim 1 wherein in said polymethoxyflavone is selected from the group consisting of limocitrin-3,7,4'-trimethylether (5-hydroxy-3,7,8,3',4'-pentamethoxyflavone), limocitrin-3,5,7,4'-tetramethylether (3,5,7,8,3',4'-hexamethoxyflavone), limocitrin-3,5,7,4'-tetraethylether (8,3-dimethoxy-3,5,7,4'-tetraethoxyflavone), limocitrin-3,7,4'-trimethylether-5-acetate, and mixtures thereof.
6. The method of claim 1 wherein said polymethoxyflavone is selected from the group consisting of 5-desmethylnobiletin (5-hydroxy-6,7,8,3',4'-pentamethoxyflavone); tetra-O-methylisoscutellarein (5,7,8,4'-tetramethoxyflavone), sinensetin (5,6,7,3,'4'-pentamethoxyflavone), 5-desmethylsinensetin (5-hydroxy-6,7,3',4'-tetramethoxyflavone), quercetin tetramethylether (5-hydroxy-3,7,3',4'-tetramethoxyflavone), quercetin-3,5-dimethylether-7,3',4'-tribenzyl ether, nobiletin (5,6,7,8,3',4'-hexamethoxyflavone), quercetin pentamethyl ether (3,5,7,3',4'-pentamethoxyflavone), tangeretin (5,6,7,8,4'-pentamethoxyflavone), quercetin-5,7,3',4'-tetramethyl ether-3-acetate, 3,5,6,7,8,3',4'-heptamethoxyflavone, 5,7,3',4'-tetramethylether (3-hydroxy-5,7,3',4'-tetramethoxyflavone), and mixtures thereof.
7. The method of claims 5 or 6 further comprising administering at least one tocotrienol

wherein said tocotrienol is selected from the group consisting of alpha-tocotrienol, gamma-tocotrienol, delta-tocotrienol, and mixtures thereof.

8. The method of claims 5 or 6 further comprising administering at least one pharmaceutical drug used in inhibiting cardiovascular diseases.
9. A pharmaceutical composition suitable for administering to a mammal at risk or suffering from a cardiovascular disease or disorder comprising an effective amount of at least one polymethoxyflavone to reduce the production of substances in a mammal which contribute to cardiovascular diseases or disorders selected from the group consisting of limocitrin-3,7,4'-trimethylether (5-hydroxy-3,7,8,3',4'-pentamethoxyflavone), limocitrin-3,5,7,4'-tetramethylether (3,5,7,8,3',4'-hexamethoxyflavone), limocitrin-3,5,7,4'-tetraethylether (8,3-dimethoxy-3,5,7,4'-tetraethoxyflavone), limocitrin-3,7,4'-trimethylether-5-acetate, and mixtures thereof.
10. A pharmaceutical composition suitable for administering to a mammal at risk or suffering from a cardiovascular disease or disorder, said composition comprising an effective amount of at least one polymethoxyflavone to reduce the production of substances in a mammal which contribute to cardiovascular diseases or disorders selected from the group consisting of 5-desmethylnobiletin (5-hydroxy-6,7,8,3',4'-pentamethoxyflavone); tetra-O-methylisoscutellarein (5,7,8,4'-tetramethoxyflavone), sinensetin (5,6,7,3,'4'-pentamethoxyflavone), 5-desmethylsinensetin (5-hydroxy-6,7,3',4'-tetramethoxyflavone), quercetin tetramethylether (5-hydroxy-3,7,3',4'-tetramethoxyflavone), quercetin-3,5-dimethylether-7,3',4'-tribenzyl ether, nobiletin (5,6,7,8,3',4'-hexamethoxyflavone), quercetin pentamethyl ether (3,5,7,3',4'-pentamethoxyflavone), tangeretin (5,6,7,8,4'-pentamethoxyflavone), quercetin-5,7,3',4'-tetramethyl ether-3-acetate, 3,5,6,7,8,3',4'-heptamethoxyflavone, quercetin-5,7,3',4'-tetramethyl ether (3-hydroxy-5,7,3',4'-tetramethoxyflavone), and mixtures thereof.

11. The composition of claims 9 or 10 further comprising at least one tocotrienol wherein said tocotrienol is selected from the group consisting of alpha-tocotrienol, gamma-tocotrienol, delta-tocotrienol, and mixtures thereof.

12. The composition of claims 9 or 10 further comprising administering at least one pharmaceutical drug used in inhibiting cardiovascular diseases.

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